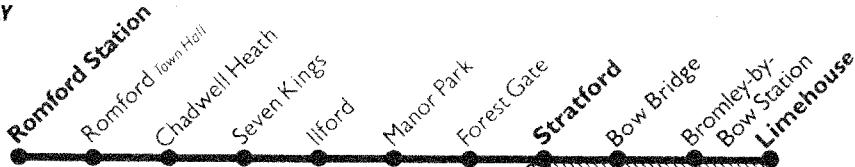


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DAILY



Please have your fare ready to  
PAY THE DRIVER

Mon-Fri peak hours

Sundays

Mile End Station

OUTER

INNER

FARE ZONES

### Mondays to Fridays

NOTE Between Romford and Stratford extra buses provide a service every 6 minutes during peak hours.

Romford Station	0535	0558	0620	0824	0830	0836	0842	0848	1454	...					
Romford Market	0539	0602	0624	0829	0835	0841	0847	0853	1500	...					
Chadwell Heath Coopers Arms	0549	0612	0634	0843	0849	0855	0901	0907	1512	...					
Seven Kings Garage	0540	0555	0608	0618	0628	0634	0640	Then about every	1518	1521					
Ilford Broadway	0552a	0605	0618	0628	0638	0644	0650	0903	0909	1529	1532				
Forest Gate Green Street	0614	0627	0637	0647	0653	0659	0705	12	0915	0921	0927				
Stratford Broadway	0620	0633	0643	0653	0659	0705	0705	minutes	0915	0933	0939				
Stratford Bus Station	↓	↓	↓	0702	↓	until	0929	0935	0941	0943	0946				
Bow Church	0626	0639	0649	0659	0711	0938	0944	0949	0949	1549	1552				
Mile End Station	0631	0644	0654	0704	0716	0944	0955	0955	0955	...	...				
Romford Station	1500	1724	1730	1736	2248	2258	2308	2319	2331	2343	2355				
Romford Market	1506	1730	1736	1742	Then	2252	2302	2312	2323	2335	2347	2359			
Chadwell Heath Coopers Arms	1518	Then	1742	1748	1754	about 2302	2312	2322	2333	2345	2357	0009			
Seven Kings Garage	1524	about	1748	1754	1800	every 2304	2318	2326	2339	2351	2357	0014d	0029	0041d	0051
Ilford Broadway	1535	every	1800	1812	1818	every 2327	2338	2347	2357	0015	0020	0035	0047	0057	
Forest Gate Green Street	1545	12	1810	1822	mins.	2327	2338	2347	2357	...	...	...			
Stratford Broadway	1552	mins.	1817	1829	until	2333	2347	2357	...	...	...	...			
Stratford Bus Station	↓	until	↓	1832	2336	2356	...	...	...	...	...	...			
Bow Church	1558	1823	...	...	...	...	...	...	...	...	...	...			
Mile End Station	1603	1828	...	...	...	...	...	...	...	...	...	...			

### Saturdays

Romford Station	0535	0605	0635	0700	0724	0736	0748	0800	0812	0824	0836	0848						
Romford Market	0539	0609	0639	0704	0728	0740	0752	0804	0816	0828	0840	0852						
Chadwell Heath Coopers Arms	0549	0619	0649	0702	0714	0721d	0738	0750	0802	0814	0826	0838	0850					
Seven Kings Garage	0540	0555	0625	0635	0645	0655	0670	0720	0732	0744	0756	0808	0820	0832	0844	0856	0902	0908
Ilford Broadway	0552a	0605	0635	0645	0655	0705	0718	0730	0742	0754	0806	0818	0830	0842	0854	0906	0912	0918
Forest Gate Green Street	0614	0644	0654	0704	0714	0727	0739	0751	0803	0815	0827	0839	0851	0903	0916	0922	0928	
Stratford Broadway	0620	0650	0700	0710	0720	0733	0745	0757	0809	0821	0833	0845	0857	0910	0923	0929	0935	
Stratford Bus Station	0623	0653	0703	0713	0723	0736	0748	0800	0812	0824	0836	0848	0900	0913	0926	0932	0938	
Romford Station	...	...	0900	0912	0920	1724	2248	2258	2308	2319	2331	2343	2355					
Romford Market	...	...	0907	0919	0927	Then	1731	2302	2312	2322	2333	2345	2357					
Chadwell Heath Coopers Arms	0912d	0918	0930	0938	0943	about	1743	2302	2312	2322	2333	2345	2357					
Seven Kings Garage	0913	0918	0924	0930	0936	0940	0944	every	1749	2306	2318	2328	2339	2351	2357			
Ilford Broadway	0923	0928	0934	0940	0946	0950	0954	6	1800	12	2318	2338	...	...	...	...	...	
Forest Gate Green Street	0933	0938	0944	0950	0956	1000	1004	minutes	1810	minutes	2327	2347	...	...	...	...	...	
Stratford Broadway	0940	0945	0951	0957	1003	1007	1011	until	1816	until	2333	2353	...	...	...	...	...	
Stratford Bus Station	0943	0948	0954	1000	1006	1010	1014	1819	2336	2356	...	...	...	...	...	...	...	

Romford Station	2343	2355	0015	0037
Romford Market	2347	2359	0019	0041
Chadwell Heath Coopers Arms	2357	0009	0014d	0023
Seven Kings Garage	0003	0015	0020	0035

### Sundays (and National Public Holidays)

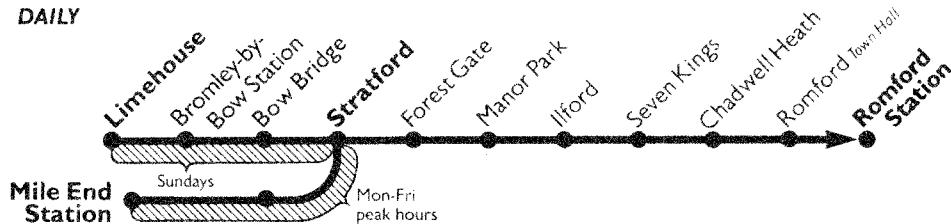
Romford Station	...	0717	0747	0817	0847	0902	0917	0932	0947	1001	1015	1030	1045					
Romford Market	...	...	0721	0751	0821	0851	0906	0921	0936	0951	1005	1019	1034	1049				
Chadwell Heath Coopers Arms	...	...	0731	0801	0831	0901	0916	0931	0946	1001	1015	1029	1044	1059				
Seven Kings Garage	0637	0652	0722	0737	0752	0807	0822	0837	0852	0907	0922	0937	0952	1007	1021	1035	1050	1105
Ilford Broadway	0645	0700	0730	0745	0800	0815	0830	0845	0900	0915	0930	0945	1000	1015	1029	1044	1059	1114
Forest Gate Green Street	0653	0708	0738	0753	0808	0823	0838	0853	0908	0923	0938	0953	1008	1023	1038	1053	1108	1123
Stratford Broadway	0659	0714	0744	0759	0814	0829	0844	0859	0914	0929	0944	0959	1014	1029	1044	1059	1114	1129
Stratford Bus Station	0702	↓	↓	0802	↓	0832	↓	0902	↓	0932	↓	1002	↓	1032	↓	1102	↓	1132
Bromley-by-Bow Station	0722	0752	0822	0852	0922	0952	1022	1052	1102	1122	1132	1142	1152	1150	1150	1150	1150	1150
Limehouse Burdett Road	0730	0800	0830	0900	0930	1000	1030	1100	1110	1120	1130	1140	1150	1150	1150	1150	1150	1150

a - Time at Romford Station Ley Street.

d - Time at Chadwell Heath Wangey Road.

Please  
have your  
fare  
ready to

PAY THE  
DRIVER



Mile End  
Station

INNER

OUTER

FARE ZONES

### Mondays to Fridays

**NOTE** Between Stratford and Romford extra buses provide a service every 6 minutes during peak hours.

<b>Mile End Station</b>	0711	1010	...	...	1009	1757	1809	1821	...
Bow Church	0715	1015	...	...	1615	1803	1815	1827	...
<b>Stratford Bus Station</b>	↓	Then	1021	1024	1616	↓	1814	1826	1838
Stratford Broadway	0721	about	1021	1024	1623	Then	1817	1829	1835
Forest Gate Green Street	0729	every	1029	1032	1622	about	1811	1817	1823
Ilford Broadway	0739	12	1039	1042	1631	every	1819	1825	1837
Seven Kings Garage	0748	minutes	1048	1051	1645	6	1834	1840	1848
Chadwell Heath Coopers Arms	0754	until	1054	1100	1657	minutes	1845	1849	1854
Romford Market	0807	...	1107	1113	1701	1716	1851	1858	1903
<b>Romford Station</b>	0813	...	1113	1119	1716	1722	1902	1914	1926
<b>Mile End Station</b>	1835	1846	...	...	1757	1809	1821	...	...
Bow Church	1840	1851	...	...	1803	1815	1827	...	...
<b>Stratford Bus Station</b>	↓	1848	↓	1900	1912	1924	Then	1814	1826
Stratford Broadway	1846	1851	1857	1903	1915	1927	at	1823	1829
Forest Gate Green Street	1854	1859	1905	1911	1923	1935	these	1833	1839
Ilford Broadway	1905	1910	1916	1922	1934	1944	minutes	1831	1837
Seven Kings Garage	1914	1919	1925	1931	1942	1952	past	1840	1848
Chadwell Heath Coopers Arms	1921	1925	...	1937	1948	1958	each	1845	1852
Romford Market	1936	...	1948	1959	2009	hour	21	22	23
<b>Romford Station</b>	1941	...	1953	2004	2014	21	33	45	57
					0955	0956	0957	0958	0959
					1026	1027	1028	1029	1030

### Saturdays

<b>Stratford Bus Station</b>	0636	...	0700	...	0924	1712	1718	1724	...
Stratford Broadway	0639	...	0703	...	0927	1715	1721	1727	...
Forest Gate Green Street	0647	...	0711	...	0935	about	1723	1729	1735
Ilford Broadway	0656	...	0720	...	0944	every	1733	1739	1745
Seven Kings Garage	0508	0538	0608	0628	0648	0650	0704	0714	0716
Chadwell Heath Coopers Arms	0514	0544	0614	0634	0654	0657d	0710	0721d	0722
Romford Market	0525	0555	0625	0645	0705	...	0721	...	0733
<b>Romford Station</b>	0530	0600	0630	0650	0710	...	0726	...	0738
<b>Stratford Bus Station</b>	1730	1736	1742	1748	1754	1800	1806	1812	1816
Stratford Broadway	1733	1739	1745	1751	1757	1803	1809	1815	1821
Forest Gate Green Street	1741	1747	1753	1759	1805	1811	1817	1823	1827
Ilford Broadway	1751	1757	1803	1809	1814	1820	1826	1832	1838
Seven Kings Garage	1801	1807	1812	1817	1822	1828	1834	1840	1848
Chadwell Heath Coopers Arms	1813	1823	1834	1840	1846	1852	1858	1858	1858
Romford Market	1824	1834	1845	1851	1857	1859	1859	1859	1859
<b>Romford Station</b>	1829	1839	1850	1856	1902	1902	1914	1914	1914
					0738	0750	0752	0754	0756
					1020	1022	1024	1026	1028

### Sundays (and National Public Holidays)

<b>Limehouse Burdett Road</b>	0738	...	0808	...	0838	...	0908	...	0938	...	1007	...	1037	...	1107	
Bromley-by-bow Station	0747	...	0817	...	0847	...	0917	...	0947	...	1016	...	1046	...	1116	
<b>Stratford Bus Station</b>	0713	↓	0808	↓	0838	↓	0908	↓	0938	↓	1008	↓	1037	↓	1107	
Stratford Broadway	0716	0756	0813	0826	0841	0856	0911	0926	0941	0956	1011	1025	1040	1055	1110	
Forest Gate Green Street	0722	0802	0817	0823	0847	0902	0917	0932	0947	1002	1017	1031	1046	1101	1116	
Ilford Broadway	0730	0810	0825	0840	0855	0910	0925	0940	0955	1010	1025	1040	1055	1110	1125	
Seven Kings Garage	0648	0713	0738	0818	0833	0848	0903	0918	0933	0948	1003	1018	1033	1048	1103	
Chadwell Heath Coopers Arms	0654	0719	0744	0824	0839	0854	0909	0924	0939	0954	1009	1024	1039	1054	1109	
Romford Market	0705	0730	0755	0835	0850	0905	0920	0935	0950	1005	1020	1035	1050	1105	1120	
<b>Romford Station</b>	0710	0735	0800	0840	0855	0910	0925	0940	0955	1010	1025	1040	1055	1115	1140	
<b>Limehouse Burdett Road</b>	1137	...	07	37	2207	...	2237	...	2307	...	2337	...	2346	...	2346	
Bromley-by-bow Station	1146	Then	16	46	2216	...	2246	...	2316	...	2346	...	2346	...	2346	
<b>Stratford Bus Station</b>	1137	↓	at	07	37	↓	2237	↓	2307	↓	2337	↓	2341	...	0001	
Stratford Broadway	1140	1155	these	10	25	40	55	...	2225	2240	2255	2310	2325	2340	2355	0004
Forest Gate Green Street	1146	1201	minutes	16	31	46	01	UNTIL	2231	2246	2301	2316	2331	2346	0001	0010
Ilford Broadway	1155	1210	past	40	55	55	10	...	2240	2255	2310	2325	2340	2355	0010	0019
Seven Kings Garage	1203	1218	each	33	48	03	18	...	2248	2303	2318	2333	2348	0003	0018	0027
Chadwell Heath Coopers Arms	1209	1224	hour	39	54	09	24	...	2254	2309	2318	2339	2349	0009	0019	0034d
Romford Market	1220	1235	...	50	05	20	35	...	2305	2320	2330	2350	2360	0020	...	...
<b>Romford Station</b>	1225	1240	...	55	10	25	40	...	2310	2325	2335	2355	2375	0025	...	...

c - Time at Ilford Town Hall.

d - Time at Chadwell Heath Wangey Road.